

Seniors Are Victorious Saints Olympics 2019

by Theresa Wagner

Saints Olympic Week is one of the most anticipated weeks of the school year and for good reason. School spirit and friendly competition characterize the race to win the coveted bragging rights that accompany the trophy. This year followed one of the most unexpected outcomes in Saints' history—the class of 2021 upset last year's senior class to win Olympics. The competition was fierce. Juniors, sophomores, and even freshmen had a shot at a title that had once belonged to that year's senior class.

Each day's theme allowed students to express their school spirit and add liveliness to each classroom. Purple and gold filled the hallways on Monday morning and flags from every nation were paraded down Walcott Street on Thursday afternoon. Tuesday's dress-down day benefited Foster Forward, as students and faculty members collectively donated hundreds of dollars to the organization.

Although Friday's pep rally is the week's main event, donations to local, national, and international charities are the

week's main focus. Throughout the week, classes donated canned goods and nonperishable foods to the Pawtucket Soup Kitchen as well as clothing and toiletries to the Providence Rescue Homeless Shelter. The money collected from the "Coin Wars" competition was donated to Saints' sister school, St. Mary's, located in Kenya in order to provide students free education, housing, and meals.

The Class of 2019 was severely underestimated, but on Friday morning half of the tables in the East Cafeteria were



photos by Gabriela Castaneda-Pineda

covered in the class's donated clothing and food. They came out of the games with more than 10,000 points earned through their generosity and athleticism, qualifying as the class with the highest scoring total at the end of the week. One can only wonder who will take home the trophy in 2020, but one statement is certain: Never count out the underdog!

Mock Trial Makes the Case

by Anna-Marie Ferris

The Saint's Mock Trial team has just wrapped up their 2019 season. The team won two of their cases, one as Defense against North Providence High School, and the other as Prosecution against Lincoln High School.

Each year, the competing schools throughout the state are given the same specific case. While all the cases are fictitious, they are similar or based-on real-life cases. This year the case, State vs. DeLuca, involved texting while driving. "The defense was given the case of protecting

the teenage boy who is being charged with manslaughter, while the prosecution is trying to incriminate the defendant," said Cooper Arnold, an attorney on the Mock Trial team.

The Mock Trial team made it into the first round of playoffs but unfortunately lost to Providence Country Day School. Isabella Calise, a member of the team, mentioned that her favorite part of being on Mock Trial is the experience because it "teaches great leadership qualities and gives us opportunities to learn from current people in the law profession."



The coordinator, Mrs. Mary Alexandre, said that she is very proud of the team and enjoys watching everyone work well together. The Mock Trial team is very grateful to John MacDonald, a criminal defense lawyer and

SRA parent, for volunteering his time and expertise to help the team.

Saint Rays is incredibly proud of the Mock Trial team, comprised of only underclassmen, and all it has accomplished this year.

Women's History Month

We Are Wise. We are Worthy. We Are Women.

by Emily Fournier

March is a very important month for women across the country as it is Women's History Month. Established by Congress in 1987, this month is dedicated to celebrating and honoring women's contributions to history, culture, and American society. This March in particular holds a very special meaning for American women as 2019 marks the 100th anniversary since women received the right to vote. Although this is a tremendous milestone for women and the fight for gender

Jane Addams set out to prove that white, privileged women were not going to gain equality on their own, instead they reached out to women of every background including slaves and immigrants.

That is what makes the women's suffrage movement so impactful: women standing by women instead of letting race, politics, and backgrounds divide them. Women proved that they were powerful, strong, and could not be silenced or shackled forever.

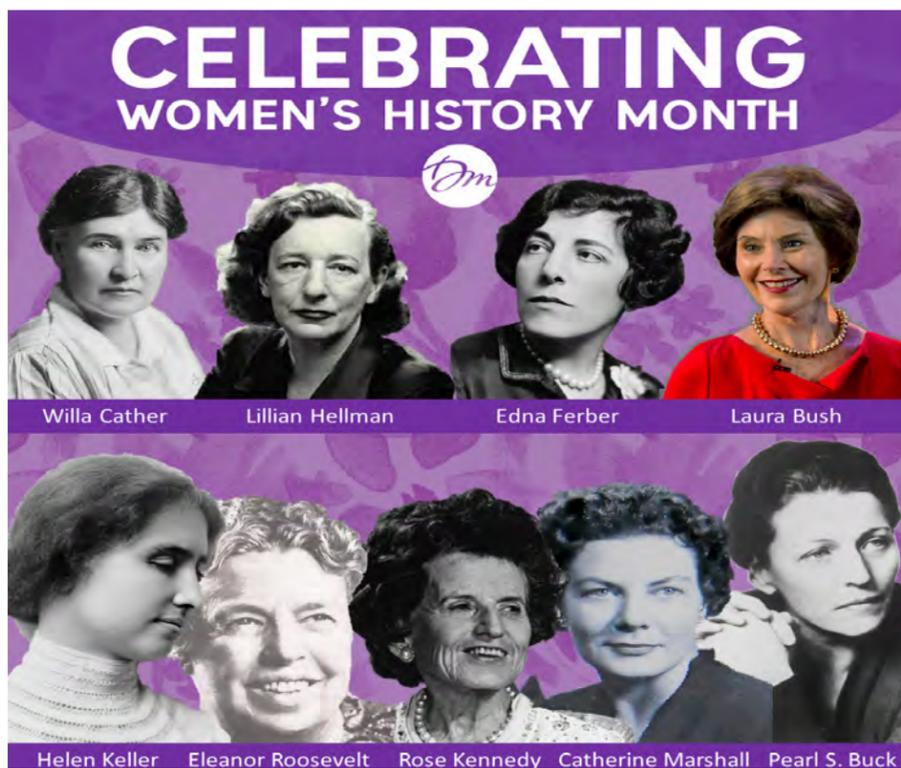


is over—a brief gaze at today's headlines will prove that that is not the case. There is still harassment. There are still double standards. There are still stifling societal expectations.

Especially now, these issues need to be considered when celebrating the history of women in America if we want progression to continue. It was only 2017 when the #MeToo Movement started, and even today it is an ongoing epidemic of hashtag activism in which survivors are still stepping forward with recent stories of sexual harassment and abuse in their homes and at work. While movements like #MeToo and Time's Up attest to the idea that women now have more of

a voice and more freedom than ever, there are always incidents and conversations that remind us that change is a gradual process, and that there are those that still put women down and view them as subservient beings.

This March, it is important to remember that despite the setbacks women still face today, they have still made tremendous progress in the fight for gender equality. As it has been proven throughout the centuries, women triumph when they listen to one another, learn from one another, and encourage one another. Becoming a successful woman should not be viewed as a competition. Every woman is worthy of respect, acceptance, opportunity, and success.



equality, the prejudice and injustice that women face in their own communities must not be overlooked.

To understand where we are now, it is important to reflect on where we have been. While many may credit the petticoated soldiers of the early twentieth century as the champions of the women's suffrage movement, the fight for the right to vote can be traced back to 1848 in Seneca Falls, NY, where Susan B. Anthony and Elizabeth Cady Stanton famously introduced their own declaration of sentiments and opposition to the oppressive state of their country. Women like Sojourner Truth, the Grimké sisters, and

Despite their inferior status in American society, they not only continuously campaigned for their suffrage, but they also made countless advancements in politics, science, technology, and medicine which only reinforced the idea that women were a force of nature and perfectly capable of performing the same tasks as men. These women included Ada Lovelace, Marie Curie, Edith Wilson, and Eleanor Roosevelt, whose lives still remain prominent in the minds and hearts of today's courageous females. While it is easy to look at our past and come to the assumption that the fight for acknowledgment, acceptance, and gender equality

Saints

SENTINEL

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Spotlight: Mrs. M. Murphy

by Emily Fournier

Good teachers enlighten the mind, but great teachers enlighten the heart. It can be said that what separates a good teacher from a great teacher is how one sees his or her students. A great teacher recognizes students' respectability, dignity, and individuality. While Saint Raphael Academy proudly boasts an abundance of great teachers, this month's spotlight article is devoted to the incomparable Mrs. Malaina Murphy.

Q: When did you know that you wanted to be a guidance counselor?

A: I always knew that I wanted to work with kids. I always knew that social work or something along those lines was the career path for me. I didn't necessarily want to be a guidance counselor; I had no plan to be a guidance counselor at any other school. But one day I got an opportunity to apply for this job, and it just made sense to me.

Q: Who inspired you to choose this career?

A: Sister Regina. She recognized my strength and really helped me realize that I wanted to work with kids and

families, especially in the field of social work. While she helped me recognize my potential for and interest in this job, Mr. Murray's psychology class is what solidified that for me. They both had a hand in my career choice.

Q: What is it you love most about Saint Raphael Academy? What is it about the school that inspired you to come back and work here?

A: I love our students. I love working with each and every one of them and their families. I love our Lasallian community of dedicated teachers and staff. They are all such incredible colleagues. I just love the community as a whole; how diverse it is and how intimate it is. As far as what inspired me to come back, it was the opportunity to give back to a community that gave me so much. When I was a student here, not only did I receive a great education, but I received so much support from my teachers and my classmates. By working here, I view it as an opportunity to share with students what was given to me. I would not want to work in any other school setting. At Saints,



we really are family.

Q: What is the most rewarding part about being a guidance counselor?

A: I love watching students grow and transform into the people they were meant to be. I love getting to witness students enter their freshman year as young kids, and over the next four years grow personally, emotionally, and academically, and become these mature seniors capable of engaging in such deep and purposeful conversation, and really start to become adults. I'm so grateful that I not only get to witness this change but be a part of the journey into adulthood as well.

Q: What is one thing you really want your students to know?

A: I want every student to know that they are special, and that God has a plan for each and every one of them. I want them to know and understand that life is a journey and that they are well on their way to becoming the best versions of themselves that they can be; who God intends for them to be. I hope that I model what that's like. I hope that by me being imperfect, by being real and honest in my work with them, that I help them to see the opportunities that lie ahead for them. I want them to know that I am driven by helping students become the best version of themselves, and as they work towards that, they help me in return and reassure me that I am doing the right thing with my life.

While many great teachers go underappreciated, this is not the case for Mrs. Murphy. She is an example of what every teacher should be: passionate, charismatic, unpretentious, and candid. She treats all of her students and colleagues with respect and is overwhelmingly loved and respected by them in return. Saint Raphael Academy is truly blessed to have her.

Saints Drama: "Our Place"

by Ryan Sutherland

When it comes to Saint Ray's Drama Program, they never cease to astonish the audience with their amazing talent. Saints Drama has a long history which goes back over 40 years.

Recently, Saints Drama held

a One Act production of "Our Place." Every actor and actress did a phenomenal job and every part of the play was crisp and smooth. Since the play was a series of vignettes, many students were able to be featured on stage. Of course, the play

is nothing without its amazing sound and lights crews. The technical crew's talents matched those of the performers creating a top-notch production.

Saints Drama program attended the Rhode Island Drama Fest where they placed third in the state while winning many individual awards as well. Many students were able to see this play a second time when the cast and crew performed two shows for the entire student body.

Many students who are not involved in the drama program and might not have the opportunity to see all of the plays were laughing hysterically throughout the comedic parts



of the play while other parts brought them to tears. This just goes to show how excellent the performance was. There is no doubt that this talent will never fade away from Saints Drama program.



photos by Gabriela Castaneda-Pineda

The College Search

by Jeremy Knox and
Kylie McLaughlin

Searching for the perfect college is a long, stressful, and tedious process that nearly all high school students must endure. The number of variables that must be filled can sometimes seem endless and confusing and can overwhelm students who are overstressed.

However, for incoming seniors and others thereafter, Saint Raphael's seniors have some words of advice after experiencing the college process themselves.

Q: How did you make your list of things you wanted in your potential list of colleges?

A: Gianna Medeiros, (Emmanuel): Personally, I envisioned my perfect college experience in my head before making my list. I wanted to know what it was like to go to tailgates, Division 1 sports games, and all types of campus events. Having been to small, Catholic schools my entire life, I knew I was ready to transition to a larger school for college. I wanted to go somewhere where everyone enjoyed where they were and loved being involved. I also knew I did not want to bring my car to college, and I love the city, so an urban campus with everything in proximity was perfect for me.

Q: How did you pick your major and what advice would you give to someone struggling to decide what they want to do?

A: Morgan Collins, (Wentworth): At first, I was positive I wanted to be a pediatrician. But, as I met with guidance counselors and did



more research, I realized being a pediatrician wasn't for me.

I had always excelled in math as well as science, and the health field still interested me, but I wanted to do something more math based. After doing more research on jobs that involved what I was interested in, I found that biomedical engineering was a perfect combination of what I wanted: math, science, and medicine. I knew I would love it. The advice I'd give to someone struggling to find their major is to be open minded. Most of us have some sort of idea about what we want to pursue, but I encourage keeping an open mind. Do lots of research; we know our skills better than anyone else - throw them into Google and see what comes up. At the end of the day, trust your gut and don't be afraid to steer away from the path you thought you were headed

down.

Q: What were some of the specific things you looked for while visiting your schools?

A: Jake LeFort, (undecided): The absolute biggest thing for me when I was visiting, was if I felt at home or not when walking around and just being there. I knew I would be living on campus, so I had to feel like I wasn't going to hate being there every day for the school year, and that is very important in this search.

Another thing I found highly important was the food. When you're going to be living the next four years of your life at a place away from home, you need to make sure that the food you are eating every day is good, right?

Q: How did you finally decide which school was going to be the right fit for you?

A: Gianna Medeiros, (Emmanuel):

When I went to the accepted students' day at Emmanuel College, I realized it was the best of both worlds. I will be in the heart of Boston, surrounded by everything, but I will also be benefiting from small class sizes and a liberal arts education that I believe will mold me into a well-informed participant in society.

One of the most important pieces of advice is to remember that everything happens for a reason. You will get accepted into most schools, but you could be deferred or denied from others. Rest assured, that what happens is supposed to happen and is all part of the process. It's an exciting time, try not to let the stresses get to you, and take it from us, when everything is over, it will be the best feeling ever.

Purple and Gold Zone:



Saints Take the Ice

by Ben Senra

This sports year for Saint Raphael Academy has been one to remember. The fall sports set a high standard with two teams making it to the state championship, and the hockey team did not disappoint. The boys were able to achieve one of the best seasons in program history earning a record consisting of 14 wins and 4 losses. This gave them the 3rd seed going into the daunting playoffs.

In the first round the team faced Lincoln. In the regular season, they won a nail biting game against Lincoln which ended in overtime with a final score of 2 to 1. It the same outcome in the playoffs. The boys won the series in a command fashion of 2 games to 0 in the best of three series. In the Semifinals, the team faced Ponaganset, who was ranked second going into the playoffs. However, the team truly

showed how good they were by winning two games, scoring six goals while only allowing five, sweeping Ponaganset, and earning themselves a chance to play for the state final.

In the finals, PSW was set to face the juggernauts of the league, Cumberland. In the regular season, Cumberland earned themselves a respectable record of 16 wins and 0 losses. However, this did not put fear in PSW, it only made them want it that much more, and they showed it. The first game was an electrifying game with everything anyone could have asked. Cumberland scored first and early; however, PSW did not allow them to have lead for long scoring a quick comeback goal. Nothing could separate the teams except for a very questionable call by the referees disallowing a goal scored by PSW. Unfortunately, the game went



photo by Emily Gaboriault

into sudden death overtime and with an extremely lucky bounce Cumberland won the game with a score of 2 to 1. Game two was a thriller to say the least. It was a do or die game- win and play game three, lose and the season is done. The team came out dominating going up 3 to 0 in the first period. They slipped a little and Cumberland was able

to force OT. Even OT could not separate the teams and it went to a penalty shootout. The team did not crack under pressure and won the shootout with a score of 1-0. Unfortunately, the last game did not go our way, and we lost with a score of 1 to 0. However, the boys showed great resilience and fought to the last buzzer.

Kudos To Our National Winners



Congratulations to Jake Lamothe, Braxton Fontaine, Nas Medeiros, and Darius Kipyego

Making a Splash at States

by Ethan Potvin

The Saints swim team started three years ago with one swimmer. Now the swim team has five members, three girls and two boys, being coached by Mike Constantino. Those swimmers are Katherine Castanos (2021), Morgan McCann (2022), Meghan Cabral (2022), Steve Guaman (2019), and Ethan Potvin (2020).

This season the swim team swam at multiple meets at Rhode Island College against other schools with independent swim teams, and some of our swimmers were invited to invitational meets at Brown University and Roger Williams University. The season culminated with multiple swimmers qualifying for the State Championships held at Brown University on February 23, 2019.

The qualifying swimmers were Ethan Potvin, Katherine Castanos, and Morgan McCann.



photo courtesy of Ethan Potvin

Ethan swam the 200m individual medley and the 500m freestyle, Katherine swam the 200m individual medley and the 100m butterfly, and Morgan swam the 200m individual medley and the 100m breaststroke. All three swimmers achieved personal best times at the State

Championships.

The team is already looking forward to next year's swim season and hoping to see new faces on the team next year. If you are interested in joining the team, talk to any one of the team members for more information. Go Saints!

Jordan Peele Does It Again

by Jack Rigley

Have you ever been enjoying a nice summer vacation when a murderous and vengeful lookalike breaks into your house and threatens your life with golden shears? Yeah, me either. The widely anticipated horror film, *Us*, which hit theaters March 22nd, is full of with its fair share of doppelgangers terrifying the movie's characters as well as the people in the audience.

After the success of his Oscar winning film, *Get Out*, many eyes were on Jordan Peele to deliver another exciting and high caliber movie experience, and he did it again. Though this movie doesn't surpass the cultural masterpiece that is *Get Out*, it strongly and effectively hits its mark. Like *Get Out*, *Us* is filled with extraordinarily strong, even Oscar worthy, performances from its cast. Actors had to play their core characters and also

their "Tethered" counterparts. Academy award winner, Lupita Nyong'o who plays Adelaid Wilson, the paranoid protagonist and mother of two as well as her utterly terrifying doppelganger, Red, is a clear standout among the cast. Though scary to watch, you can't take your eyes off of Nyong'o as she creates the layers of Adelaid's character as well as the eerie body and facial movements and pained voice of Red. The stunning and very real performances from the actors also add to the power and greatness of this new installment in Peele's filmography.

As all Jordan Peele films do, this film has a climactic and extremely surprising twist at the end. These twists also add on to the movie experience. They make it so that audiences want to go back and watch it a second time to catch all of



photo courtesy of Getty Images

the easter eggs, symbols, and hidden secrets that they may have missed the first time.

Peele also makes sure to add a deeper satire about society into the meaning of his films. Though the face theme of this film is that we are our own worst enemy, there is an even deeper theme. While *Get Out* dealt with racism, *Us* confronts classism.

All in all, *Us* is a movie experience that you don't want to miss. Though not as scary as the movie trailer suggests,

this film is exceptional as a result of unbelievably strong performances, cinematography, and thrilling plot filled with suspense. Peele did indeed deliver another extremely successful film, which ended its opening weekend with a whopping \$70 million, surpassing other horror films like *Get Out* and *A Quiet Place* at the box office. *Us* is sure to make you sleep with a golf club at your bed side as well as make you look at the people around you in a different light.

Jonas Brothers Reunited

by Sydney Charette

"We're back..." These were the words spoken by Kevin, Nick, and Joe Jonas on the morning of Thursday, February 28th. Old fans, a generation of eighteen

hard to believe that the group that so many of us loved as children were coming back to gift us again with their music. Within the ten years between



to twenty-five year olds, were ecstatic to hear that the band, The Jonas Brothers, were reuniting after a 6 year split. The announcement was posted on social media, in the form of a photo and teaser video stating the name of their new single, *Sucker*.

To the generation raised on the Camp Rock and Hannah Montana age of Disney it was

the last Jonas Brother's big hit album to the present, we have seen members of the group emerge as solo artists or dabble in other forms of music and entertainment.

Nick Jonas had his spike of fame when he released his single *Jealous* in 2014. Joe Jonas also experienced his turn in the lime light in 2015 with his song *Cake by the Ocean* as the lead

singer in the band DNCE. Their individual comebacks in the Hollywood spotlight were short lived and slowly died out, but the band members say that this was a time of healing for themselves and the band. However, they slowly realized that they needed to begin creating music together again, and a documentary will now be released following their reunion. Their new single, *Sucker*, released midnight of the 28th, quickly soared to the top of the iTunes and Spotify charts. The video does not feature the

same rock and roll teen boys that fans remember but three matured singers accompanied by their wives (and fiancé), with a new pop twist to their music. It is a refreshing and nostalgic time for those of us who went to school with Joe Jonas on our backpacks and S.O.S blaring through our iPod shuffles. The only thing left for this band to do is set dates for their reunion tour, and it is certain that fans are now digging through their old cd's, ready to reminisce together again.



photos courtesy of Getty Images

Juice WRLD's New Album

by Hector Padilla



On March 8, 2019 Chicago rapper, Juice WRLD, released his second studio album, Death Race for Love. Juice WRLD has found himself to be at the top of a new emerging era so called emo rap, through his release of Lucid Dreams in early 2018. Death Race For Love lands a spot at number one on the Billboard chart, making this Juice's first No. 1 album on Billboard. With minimal features Juice allows himself to be the center of attention. Death Race For Love's 72 minutes, consists of tracks such as, Empty, Maze, Hear Me Calling.

Juice goes deep and dark with album opener Empty, something fans are accustomed to. Similar songs such as Who Shot Cupid? and Robbery

also capture Juice's emotional evoking music. However, when it comes to Juice WRLD listeners often find themselves mixed up into two genres, Hip Hop and his emotional pop-punk. Juice firmly gets into his bag on tracks such

as Big and Out My Way shifting gears to his rap game.

Death Race For Love's 72 minute album becomes wearisome by the 22 track no matter how emotional it can be. Juice WRLD does an amazing

job of taking his audience through his deep and emotional life. Fame has not made Juice WRLD any happier, but his music continues to enlighten heartbroken teenagers around the world. 4 out of 5 stars.



photo Getty Images

Don't Miss Eli's Kitchen

by Gianna Medeiros



When in Warren, the restaurant scene can't be missed. Up, down, and around Main Street lie restaurants, cafes, and pubs, making it the perfect small-town scene for whatever mood one may be in. One restaurant worth trying is Eli's Kitchen, where the head chef recently won Chopped. Although small in size, this place is not to be underestimated, as it accounts for some pretty big flavors.

Eli's Kitchen is characterized by a rectangular open floor plan, with tables (8 total) and a bar area surrounding its edges. Most of the tables are meant for groups of 2-4, with one large table that is friendly for large groups. The walls are covered in art and décor, each piece adding to the warm, brown tones of the space. Overall, the restaurant has a cozy, casual vibe, inviting guests to be welcome and indulge in some amazing food. On one wall lies a small board displaying the specials, and I was lucky enough to go on a

day they were offering an array of specialty homemade donuts.

The menu is not exactly extensive, but you will not be disappointed by any of the options. Eli's Kitchen specializes in lunch and dinner, with many vegan, vegetarian, and gluten-free options that cater to anyone's dietary needs. In addition to the homemade hummus and pita chips they give to every table, I started with the Sweet Chili Cauliflower (\$9). I was delightfully surprised by the crunch of the cauliflower, as well as the sweet and not-too-spicy flavor it gives. It is the perfect appetizer; I would go back for this alone. For my entrée, I chose the Cauliflower Tikka Masala with Garlic and Cilantro Naan (\$20). This dish is comprised of the perfect blend of spices that mixes effortlessly with the jasmine rice, creating a perfect texture and taste that is worth the price. Scooping a little bit of the curry onto the naan allows for the ultimate savory-



photo by Gianna Medeiros

spicy flavor experience. I was able to finish my experience at Eli's Kitchen with an Amaretto Brown Butter Glazed Donut. This donut, with its soft interior and rich, sweet glaze, is easily one of the best donuts I've ever had.

Despite its size, Eli's Kitchen fits in the same caliber as other

well-known and well-respected restaurants in the area. It may be overlooked at times, but the flavors and welcoming atmosphere make it a new favorite of mine. Because of the mastery of flavor and the overall ambiance, I have to give Eli's Kitchen 5 stars.